



WHAT WENT BEHIND



The members present at our last meeting, led by Dr. Senthilkumar, marched on the path to a healthy heart. Besides, describing the king of all organs-the heart, he took us through various topics that would help in maintaining, conditioning and rejuvenating this important part of our body. Consistent exercise, a good and healthy diet, regular medical check up and faith in your doctor, in the good work that you do and in God were points that he laid emphasis on. The mantra for a stress free life, he said, was, "No hurry, no worry, no curry."

A S- sets you free

M-Makes you special

I Increases your Energy

L-Lifts your spirits

E-Erases all your tensions

So keep smiling. It will ensure a healthy heart.

WHAT LIES AHEAD

Date Tuesday, the 7th of April, 2015
at 10:45 am

Venue Hotel Sangam, Trichy

Topic 'Dance of the Earth'

Speaker V.R. Devika,
Founder of Aseema Trust,
Chennai

In the distance, far, far away, the faint rhythm of drums resounded in the air. The men, women and children raced to the center of the village to participate in the celebrations. After a hard day's work, the evening drums and the sound of pipes floating in the atmosphere were a welcome stress buster. The men got ready to beat the drums and create music with the pipes fashioned from the natural material around- bamboos and leather covered circular pieces of wood from the trunks of fallen trees. The women tucked up their sarees and moved in a circle holding each other's shoulder and waist. This continued into the dark hours of the night with the men and children joining in. Ever since, man has continued dancing. Dance and music have existed from time immemorial, changing with the time and era.

This month we have an expert dancer, educationist and a Gandhian, who will delve into the archives of early dance forms and trace their growth, throwing light on the important role they play in the history of our country while explaining its intricacies. Traditional rural art has always been an effective system of communication. An introduction to this 'dance of the earth' will help us appreciate these genres of dance better and will aid in keeping this tradition alive.



BIRTHDAYS IN APRIL 2015

“And the day came when the risk to remain tight in a bud, was more painful than the risk it took to blossom. People do not grow old. When they cease to grow, they become old.”

Happy Birthday!



Akila Ashok	April 3rd
Jenie Edmund	April 7th
S. Anitha	April 7th
Shanthi Shivakumar	April 10th
Mala Balasubramanian	April 12th
M. Subhashini	April 21st
Prathiba Sreenivasan	April 24th
G.Anitha	April 25th
Thameem Nisha	April 27th

COMMITTEE MEMBERS

Mythily Ramanan	98430 54925
Rajalakshmi Rajesh	97910 13401
Rajeshwari Ramakrishnan	2415687
Savitri Saravanan	98946 06051
Subha Rengarajan	98424 08099
Vidhya Madhan	99444 52100
Vrinda Ramanan	94432 59747

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“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to manifest the glory that is within us. And as we let our light shine we unconsciously give other people permission to do the same.”
Be softly Assertive.

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